



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 35183, Corn, dried, yellow (Northern Plains Indians)

Report Date: July 16, 2017 13:42 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
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Proximates

Water ¹	g	6.36	1	--	1.80
Energy	kcal	419	--	--	119
Energy	kJ	1752	--	--	497
Protein ¹	g	14.48	1	--	4.11
Total lipid (fat) ¹	g	10.64	1	--	3.02
Ash ¹	g	2.24	1	--	0.64
Carbohydrate, by difference	g	66.27	--	--	18.79
Fiber, total dietary ¹	g	20.5	1	--	5.8
Sugars, total ¹	g	21.32	1	--	6.04
Sucrose ¹	g	20.08	1	--	5.69
Glucose (dextrose) ¹	g	0.69	1	--	0.20
Fructose ¹	g	0.55	1	--	0.16
Lactose ¹	g	0.00	1	--	0.00
Maltose ¹	g	0.00	1	--	0.00
Galactose ¹	g	0.00	1	--	0.00
Starch ¹	g	24.99	1	--	7.08

Minerals

Calcium, Ca ¹	mg	25	1	--	7
Iron, Fe ¹	mg	2.61	1	--	0.74
Magnesium, Mg ¹	mg	149	1	--	42
Phosphorus, P ¹	mg	344	1	--	98
Potassium, K ¹	mg	775	1	--	220

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Sodium, Na ¹	mg	4	1	--	1
Zinc, Zn ¹	mg	3.06	1	--	0.87
Copper, Cu ¹	mg	0.293	1	--	0.083
Manganese, Mn ¹	mg	0.900	1	--	0.255
Selenium, Se ¹	µg	56.5	1	--	16.0
Vitamins					
Vitamin C, total ascorbic acid ¹	mg	0.0	1	--	0.0
Thiamin ¹	mg	0.261	1	--	0.074
Riboflavin ¹	mg	0.181	1	--	0.051
Niacin ¹	mg	8.250	1	--	2.339
Pantothenic acid ¹	mg	1.590	1	--	0.451
Vitamin B-6 ¹	mg	1.110	1	--	0.315
Folate, total ¹	µg	111	1	--	31
Folate, food	µg	111	1	--	31
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	13	--	--	4
Retinol	µg	0	--	--	0
Carotene, beta ¹	µg	117	1	--	33
Carotene, alpha ¹	µg	18	1	--	5
Cryptoxanthin, beta ¹	µg	61	1	--	17
Vitamin A, IU	IU	261	--	--	74
Lycopene ¹	µg	0	1	--	0
Vitamin E (alpha-tocopherol)	mg	0.44	--	--	0.12
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	1.974	--	--	0.560
8:0 ¹	g	0.000	1	--	0.000
10:0 ¹	g	0.000	1	--	0.000
12:0 ¹	g	0.000	1	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
14:0 ¹	g	0.000	1	--	0.000
15:0 ¹	g	0.000	1	--	0.000
16:0 ¹	g	1.599	1	--	0.453
17:0 ¹	g	0.000	1	--	0.000
18:0 ¹	g	0.297	1	--	0.084
20:0 ¹	g	0.058	1	--	0.016
22:0 ¹	g	0.020	1	--	0.006
Fatty acids, total monounsaturated	g	3.750	--	--	1.063
14:1 ¹	g	0.000	1	--	0.000
15:1 ¹	g	0.000	1	--	0.000
16:1 undifferentiated ¹	g	0.021	1	--	0.006
17:1 ¹	g	0.000	1	--	0.000
18:1 undifferentiated ¹	g	3.692	1	--	1.047
20:1 ¹	g	0.037	1	--	0.010
Fatty acids, total polyunsaturated	g	4.543	--	--	1.288
18:2 undifferentiated ¹	g	4.419	1	--	1.253
18:3 undifferentiated ¹	g	0.124	--	--	0.035
18:3 n-3 c,c,c (ALA) ¹	g	0.124	1	--	0.035
18:3 n-6 c,c,c ¹	g	0.000	1	--	0.000
20:2 n-6 c,c ¹	g	0.000	1	--	0.000
20:3 undifferentiated ¹	g	0.000	1	--	0.000
20:4 undifferentiated ¹	g	0.000	1	--	0.000
Amino Acids					
Tryptophan ¹	g	0.094	--	--	0.027
Threonine ¹	g	0.431	--	--	0.122
Isoleucine ¹	g	0.485	--	--	0.137
Leucine ¹	g	1.468	--	--	0.416
Lysine ¹	g	0.498	--	--	0.141
Methionine ¹	g	0.293	--	--	0.083
Cystine ¹	g	0.200	--	--	0.057
Phenylalanine ¹	g	0.642	--	--	0.182
Tyrosine ¹	g	0.465	--	--	0.132

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Valine ¹	g	0.655	--	--	0.186
Arginine ¹	g	0.581	--	--	0.165
Histidine ¹	g	0.313	--	--	0.089
Alanine ¹	g	1.156	--	--	0.328
Aspartic acid ¹	g	1.013	--	--	0.287
Glutamic acid ¹	g	2.358	--	--	0.668
Glycine ¹	g	0.539	--	--	0.153
Proline ¹	g	1.047	--	--	0.297
Serine ¹	g	0.732	--	--	0.208
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD